



**Weyerhaeuser King County
Aquatic Center**
650 SW Campus Drive
Federal Way, WA 98023
206-296-4444
www.metrokc.gov/parks

Lifeguard Training Course

Times:

November 13th – December 6th

- Mondays and Wednesdays
3:00pm – 6:00pm
- Sunday, November 26th
11:00am – 6:00pm

Cost: \$105.00

Materials: Available at American Red Cross (206) 323 – 2345 (Seattle)
(253) 474 – 0400 (Tacoma)

	<u>Price</u>	<u>Stock #</u>
– American Red Cross Lifeguard Training	\$ 34.95	655720
– Pocket Mask	\$ 13.25	820012
– First Aid Bandage Kit	\$ 4.50	445000

Includes:

A.R.C. Lifeguard Training and First Aid
A.R.C. CPR For the Professional Rescuer
A.R.C. Bloodborne Pathogen Training
A.R.C. AED Essentials

Prerequisites: *Verified on first day*

- 15 years of age by Nov. 6, 2006
(Bring proof of age, i.e., drivers license, birth certificate...)
- Swim 500 yards nonstop
(200 yards crawl-stroke, 100 yards breaststroke, 200 yards combined crawl-stroke and breaststroke)
- Swim 20 yards, retrieve 10-pound brick from 11 feet of water, return to start with brick



**This material is available in alternate format upon request.
Telephone Relay Service: 711**